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ART DESIGNERS : Maria Oikonomou. Kleopatra Markata

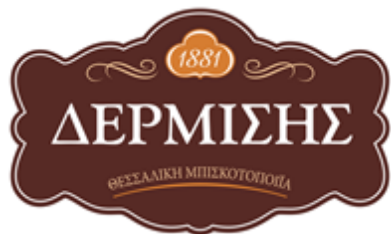
Ethra Tamilou,

Articles written by : ,

A.Vrantza, P.Kelepouris, G.Katsiamani, T..Plevras, M.Stragali, O.Pappa,  
A.Batzios, V.Mitsiadi, O.Poulios, V.Pisacic, P.Betsimea, P. Patriki,  
I.Souliotis, S. Papasotiriou. V.Papageorgiou, A.Michalichis, J.Maragos, E.  
Papadimitriou, E.Papatheodorou, G. Dinopoulos, M. Ladokouki

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Our warmest thanks to the biscuit companies for their support.



## **SCHOOL NEWS**

**4/10/15** : The National Sportsday took place with a lot of activities.

**15/10/15** : Our school council was elected , comprised of 15 members.

**27/10/15** : The commemoration of the 28<sup>th</sup> October " OXI " was celebrated in our school hall. Awards were distributed to students who got a distinction in their marks.

**14/11/15** : The Panhellenic Maths competition "Thalis" took place in the 7<sup>th</sup> Senior High School of Trikala. Two of our second-year students managed to get to the second phase. Congratulations to Vasileiou Eleutheria and Manitsa Margarita.

**27/11/15** : The class of C2 went on a trip to "Varousi" as part of the school project "Local History" so they could study the traditional architecture of the buildings in the old part of our town.

**3/02/16** : The students of class C2 accompanied by their computer science teacher Mr Leventis went to the 7<sup>th</sup> Senior High School to learn about Robotics.

**16/12/15** : The third class of our school visited the "S.M.Y. " and "S.E.F.A.A." as part of the subject of "professional orientation", to learn about the facilities of these two institutions.

**22/12/15** : Students were given their grades for the first term. In addition, a Christmas bazaar was held with the creations of students, like small cards or snowflakes.

**13/1/15** : Two of our classes (A4 and B4) visited the Kursum Mosque which hosts the exhibition of Ancient Greek Technology with the title "The car in ... Ancient Greece".

**22/01/16** : Day of the cutting of the "vasilopita" for the students of our school. Special thanks to the parents and guardians Association for their generous contribution.

**10/02/16** : The environmental group of a class of our school, along with their teachers visited the environmental center of Makrinitza ,as part of the project " stone - bridges of Greece".

**29/02/16** : Our school participated in two key actions organized by the Panhellenic Safeline school Network for Safe Internet Day, involving creating a video and two poems. The video is available at [www.youth4greece.gr](http://www.youth4greece.gr) (Trikala).

**21/03/16** : a delegation of our school took part in the presentation of poems held in the courtyard of the Townhall as part of the world poetry day . The main theme of the poems was the refugee issue.

**31/03/16** : Within the subject of chemistry, students from the classes of B3 and B1 went to the "DEYAT" and were informed about the quality and control of the water in the city of Trikala.

**17/03/16** : the 3<sup>rd</sup> grade held a study visit to the Greek Parliament in Athens.

By Evangelia Papatheodorou

# WORLD NEWS :)

## FACEBOOK CHANGED

Yes that's right! Facebook has changed! Now you mustn't download facebook on android or iOS to emoticons. Now you can not only like a photo but you can also express your feelings with the brand new buttons: love, haha, wow, sad, yay, angry! Amazing!



## SURPRISE AT PREMIER LEAGUE

Yes we know. We are heading to off season at all football leagues. But one thing that some don't know is that the English Champion is going to be Leicester Football Club. Not Chelsea neither M.City. A big turn of events that made us ask: How?

13<sup>th</sup> November 2015

On the evening of Friday 13 November 2015, a series of coordinated terrorist attacks occurred in Paris and its northern suburb, Saint-Denis. Beginning at 21:20, three suicide bombers struck near the Stade de France in Saint-Denis, followed by suicide bombings and mass shootings at cafés, restaurants and a music venue in central Paris. The attackers killed 130 people, including



89 at the Bataclan theatre, where they took hostages before engaging in a stand-off with police. Another 368 people were injured seriously. Seven of the attackers also died, while the authorities continued to search for accomplices. The attacks were the deadliest in France since World War II, and the deadliest in the European Union since the Madrid train bombings in 2004. France had been on high alert since the January 2015 attacks on Charlie Hebdo offices and a Jewish supermarket in Paris that killed 17 people and wounded 22, including civilians

and police officers. To honour this day the whole network used the hashtag :Pray for Paris.

## GREECE'S REFUGEES

These last months Greece, despite of the economical crisis has a new problem, refugees. More than 10000 has arrived here and are hosted, separated at different cities. Governments already take limits for this because it is a problem that must be solved! Not only for us but also for them, because that they are also people who must in a healthy and safe place.

George-Dinopoulos

## ANCIENT GREEK INVENTIONS

On the occasion of the driveless bus in Trikala, there was a most interesting exhibition of Ancient Greek inventions at the Cursum Tzami museum in Trikala, relating to the construction of the first mobility. The theme was amazing! All students were excited seeing objects that were constructed thousands of years ago from educated people. like Pythagoras and Archimedes. We all listened to the



tour guide in full attention, who showed us inventions,

such as the first ancient catapult, the first ancient cannon, various musical and geometrical instruments, ancient greek alarm systems, star observations, remote communication and the construction of the first puppet.

We gained a lot of useful information on the Highway Code. Then we watched a video about a new project tested in Trikala, the DRIVELESS BUS!!!! This two hour tour had to teach us a lot both about the past and the future. Trikala

has been chosen to test the driveless bus as part of a European project, in order to revolutionize mass transport. Tests of this bus lasted through to the end of February. It is small, battery operated and seats only 10 people, and guided by GPS laser and camera. They don't go faster than 20 kmph. It has a 2.4 kilometre route, facing many problems: narrow streets, pedestrians, bicycles and cars parked anywhere. It is a test which has not been performed before. This is wonderful!! A lot of people visited our city to see this bus robot. It is new and innovative.

By Maria Ladokouki & Aphrodite Vrantza



PHILLIPOS KELEPOURIS	ALEXANDROS KOTSIOS	ZEFLI DEMO
GEORGE TZATZAKIS	ADAM MICHALICHIS	PAMELA ANGO
ANTIGONE VOTSIU	CHRISTINE GIOTI	IRENE TSOTRA
ALEXANDROS KOUKOURLIS	FABIO LAPOUSI	FIORI LAPOUSI
GREGORIA BARBAROUSI	GRISELDA BEINDO	MARIA SARGIOTI
ANDRIANNA STAVROU	MARIA RAPI	ANISA TOSKA

The department of Arts and Culture of the Onassis Foundation in cooperation with the Municipality of Trikala implemented the program "DANCING TO CONNECT".

The project was aimed to enhance creativity, self confidence, collaboration and communication of students through the **art of dancing !!!!!!!**

The Onassis Foundation focused on 5 schools of Trikala this year and 5 schools of Athens. The 1<sup>st</sup> High School



of Trikala was one of the lucky Trikala schools participating in the project. The students of our school had the opportunity to take part in dancing workshops from a team of professional dancers at our school. The project was implemented from 29<sup>th</sup> of February till 7<sup>th</sup> March. The dancers, responsible for our school were Mrs Fountouli and Mr Nikolaides.

The students presented the choreography at the Cultural Centre of Trikala, followed by a grand performance of all schools together, both Athens and Trikala, in Athens on March 20<sup>th</sup> 2016.

By Phillipos Kelepouris



In our solar system there are eight planets, which circle around the sun. The circular paths that revolve around the sun are called orbits. All eight planets move around the sun in the same direction- anti- clockwise.

There are two parts to the solar system :

- The inner solar system consists of the planets Mercury, Venus, Earth and Mars. These planets are terrestrial, which means that they are made of rock.
- The outer solar system consists of the planets Jupiter, Saturn, Uranus and Neptune. These planets are gaseous, which means they are made of gas.

An asteroid belt separates the inner planets from outer planets.

## Planets:

My Very Educated Mother Just Served Us Noodles

M = MERCURY, V = VENUS, E = EARTH ,

M = MARS, J= JUPITER, S = SATURN ,

U = URANUS, N = NEPTUNE

Georgia Katsiamani

## OUR PROJECT ON VAROUSI

### The old district of Trikala

Varousi was built during the Turkish occupation and is located beneath the fortress. Until 1930, Varousi was known as the noble district of Trikala, with a large number of buildings that are still well preserved, even till today. The rich people of Varousi were asked by the Turkish rulers to pay heavy taxes, which led many of them to complete disaster.

The construction of houses built in Varousi is very spectacular and admirable. They are two storied and are made from mud and straw. They are divided in three categories and have a close, rectangular shape. The basement is spacious and allows the residents to store wood for the winter.

By Maria Stragali & Thanos Plevras



Design by Ethra Tamlou

## VISIT TO THE ENVIRONMENTAL CENTRE OF MAKRINITSA

The environmental group of the 1<sup>st</sup> form of our school, accompanied by the head teacher Mr. Papadoulis, the sub head teacher Mrs. Zafeiri, and Mrs Pyroti, visited the

environmental centre of Makrinita, as part of the program "Stonebridges of Greece". We were briefed on the traditional architecture of the homes in Pelio and we watched a presentation to identify, record, study, protect and enhance the stone bridges, as part of our cultural heritage.



Picture by Kleopatra Markata

It gave us the opportunity to learn about the construction of the bridges and its use to the residents there in the past. Then we split into groups and participated in experimental activities at stone processing. Finally, we were guided through the streets of Makrinitza to see the stone bridges and admire the architecture of the area!!!!



## THE INVENTOR OF FACEBOOK

Mark Zuckerberg is the inventor of facebook. He was born in 1984 in New York. When he was 12 years of age, he became interested in computers, so he created them. After finishing high school, Mark went to Harvard University. He then created a site, in order to communicate with other users, upload photos, create a profile and send messages. He called it 'Facebook'!!! Two years later, Mark dropped out of university to devote himself to his creation. In 2004, facebook had more than 1 million users. Zuckerberg explained in an interview, that he doesn't care about money. His dream is to improve the future and he wants to connect people. In 2010 the 'TIME' magazine named him the Person of the Year, and Mark made \$6.9 billion. He became rich, but he used this money to support many philanthropic causes. After his success, many people followed his actions. On May, 2012, he married Priscilla Chan and today Mark is a successful and clever young man.

Olga Maria Pappa

**Arrangements, organization** and a lot of excitement were filling the atmosphere a few days before the departure.

Soon, we would be acquainted with the glorious sights of the capital of Greece.

We stayed at the 'Titania' Hotel, one of the largest hotels in Athens. After checking in our hotel, and settling in our rooms, we immediately left for our visit to the Greek Parliament.

### *Our unforgettable excursion to Athens*

We were impressed by the imposing classical building. We were welcomed and guided throughout the building. Of course, we were shown the boardroom where politicians assemble. There we were told about Parliament, the political life, and its history.

At night, we visited the theatre, ALIKI, to attend to a famous play. We were amazed to see, popular actors performing right before our eyes!!!

The following day, our next destination was the Acropolis Museum. We were guided by the museum guide, who gave a thorough tour of the exhibits, and raised our awareness of the ancient times!! We also climbed the holy rock of the Acropolis., which was magical!!!! Afterwards, we were given some free time and went to the well known Monastiraki, Ermou and Kolonaki for our shopping and have something to eat, after an exhausting long day.

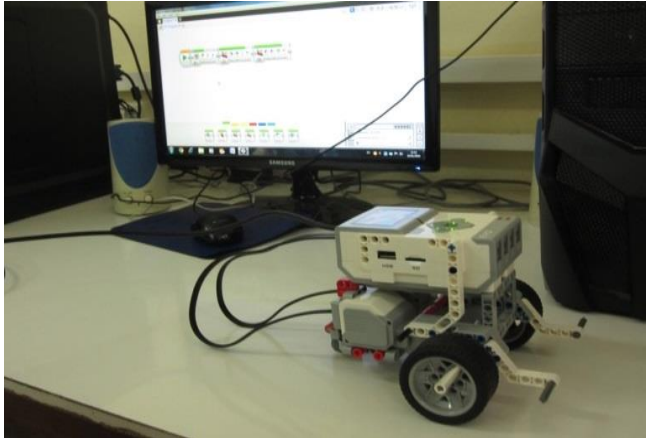
It was a wonderful experience because we combined entertainment with education and as a student, I feel very lucky to have had this opportunity to visit Athens.

By Venia Mitsiadi & Athanasios Batzios

## **EDUCATIONAL ROBOTICS**

### **COMPUTER PROGRAMMING COURSE AT SECONDARY SCHOOLS**

As part of Computer Technology, and specifically "Programming", the 3<sup>rd</sup> class students had the opportunity to participate in a technological workshop on educational robotics. Our school was given 2 educational robotics system ( E V3 lego mindstream ) for 2 weeks. This workshop activity is part of an innovative action that our school participates in regular sessions. It is an educational innovation that focuses on applying new teaching methods and approaches. The students put together two robots and performed various programming activities, which helped them also to understand the meaning of "Programming".



by Odysseus Poulios

## **Visit of the 3rd class in the Military School of Trikala**

Posted on [24 December 2015](#) by [1st Gymnasium of Trikala](#)

On 16/12/2015, students of the 3rd class of the gymnasium, as part of the courses of vocational guidance and social and Education Policy, visited the Officers College, with the accompanying teachers: Ms. Styliani Siomou (sociologist), Ms. Vaiopoulou Garyfallia (philologist), Ms Papavassiliou Anna (philologist) and Mr. Stylianos Amprazi (mathematician).

It was a particularly interesting visit during which students were informed about the possibilities of study in this institution. These visits enable them to have a larger picture for future studies.

- **P. M. H (School Officials Commissioned)**

The update was done in the recreational hall and then the students toured the school's premises. Information and tour lasted about 90 minutes.

The head of study, Mr. Vassilios Tzeremakis informed us both about the particular section, and parts of other military academies in the country, which are as follows.

- **Hellenic Military Academy (BIP Weapons - Bodies)**
- Naval Academy (. Combat Engineers)
- Air Force Academy (. Engineers - Air Defence Controllers)
- Military School Of Corps Officers
- School Of Nursing Officers
- Permanent Navy Non-Commissioned Officers School
- **Technical School Aviation (P. T. M.d)**
- Nco School Governors (S.Y.D.)

Flying School Radio Navy (S.I.R.)

You can visit the school page here:

<http://smy.army.gr/>

With this visit, therefore, students had the opportunity to come into contact with modern facilities and the various areas of the school, as well as with the educational content and the prospects it offer

by Evangelia Papatheodorou

## **OUR VISIT TO THE UNIVERSITY OF PHYSICAL EDUCATION**

On 12.16.2015, the students of the Third class, within the course of Career Guidance and Education visited the school of Physical Education , with our accompanying teachers: Ms. Siomou Styliani (sociologist), Ms. Vaiopoulou Garyfallia , Ms. Anna Papavasileiou and Mr Stylianos Amprazis (mathematician). It was a very

interesting visit during which we learned about the possibilities of studying in this institution. This visit enabled us to have a broader picture of our future studies. The Department admitted its first students in 1994 and since then there is a continuous effort to upgrade quality in teaching and research work. The school offers 4 yr degree in Physical Education , with many specialties on all sports. The studies consist of theoretical courses such as Anatomy, and Practice Specialty in schools and outdoors. Its facilities are located in an area of 150 acres in Karyes. The total area of the premises which is 3000sqm They include laboratories, library, Classrooms, conference room, computer laboratory etc. A most interesting and informative visit.

by George Dinopoulos

## OSCAR AWARDS 2016

Leonardo Wilhelm DiCaprio is an American actor and film producer. He began his film career by starring as Josh in Critters 3 before starring in the film adaptation of the memoir This Boy's Life (1993) alongside Robert De Niro . He played in many films . One of his most famous film was the Titanic and he was starring with Kate Winslet . At this film he was going to get the Oscar but finally Kate Winslet got it. Now in 2016 with the film REVENANT Leonardo got the Oscar and he became one of the most famous actors in the world.

by Sotiria Papasotiriou

## SPORTS !!!!!!!

Some people often say that sport is good for a person in developing a good character. But, there are other people who believe that many athletes are considered difficult or even bad tempered. Football, for example, is a violent sport and a footballer loses his patience and becomes short tempered, due to the behaviour of fans, when they swear and throw objects during a game when their team loses. This unbelievable behaviour is the reason for a player to lose his

temper and react in an unacceptable manner, both towards the fans, and towards the players of the other team. But, on the other hand, for the majority of other sports, players are well behaved and of high standard. Parents are happy to have their children participate in sports like volleyball and basketball. Team sport teaches the young to work as a group, to help each other and learn from their mistakes. Generally, sports help improve society and go a step further. It improves a person's character and attitude towards his family and friends. So, make time and effort to take up any sport you enjoy!!!!!! It is worth it !!!!

Pavlina Betsimea

## YUKIGASSEN

That snow balling would become a real sport , nobody expected it !!! It is very common in our area, due to the heavy snowfall here.

Yukigassen started as an idea from Japan, and now there are annual tournaments in many countries around the world. The word 'Yukigassen' consists of the Japanese words "Yuki" that means "snow", and "kassen", that means "battle". Yukigassen is a game between two teams with nine players each. Seven players are active players and two are substitutes. There is also a captain , who can join his team as a player. The purpose of the game is to hit the opponent team by snowballs. The snowballs are made by a special machine. The team has fifteen minutes time to make snowballs before the game. The standard time for one period is 3 minutes. A game has 3 periods.

### Equipment

- Special clothing
- Sport shoes with rubber soles for traction
- Gloves
- Helmet
- And of course shelter

Well, when it snows here in Greece, young and old play YUKIGASSEN !!!!!!!

by Peggy Patriki

# MY FAVOURITE FOOTBALL PLAYER

My favourite football player is Messi. Messi is a very good player in my opinion. Messi is young and good looking. Messi has the gold ball because he is a good player. He is talented, and his team helps him become even better. One day, I believe Messi will become the best player in the world. That's why I admire Messi and would love to meet him and congratulate him in person!!!!!!!!!!

By Ilias Souliotis

## AEK 1924 ATHENS

AEK was founded in 1924 and is a great team with brilliant players. It is one of the most famous Association Football leagues in Greece. It is one of the greatest clubs and the most historical clubs and has a long and unique history. It has experienced both the highs and the lows of the games. It won its first championship in 1939 and has continued to become one of the most successful teams in our country. In 1924, a group of refugees from Constantinople met at the athletic shop of Errikos and Menelaos Ionas on Veranzerou street, in the centre of Athens, where they established their team AEK.

The founders of AEK established the club with the intention of providing athletic and cultural diversions for the thousands of refugees who had settled in the new suburbs of Athens like Nea Smyrni, Nea Chalkidone etc.

AEK's first game was 1-1 .

by Vasilis Papageorgiou

## PROVERBS

**A bad excuse is better than none.**

Μια κακή δικαιολογία είναι καλύτερη απο καμιά

**A good drink makes the old young.**

Ένα καλό ποτό κάνει τον γέρο νέο.

**All that glitters is not gold.**

Ότι λάμπει δεν είναι χρυσός.

**A friend in need is a friend indeed.**

Ο φίλος στην ανάγκη φαίνεται.

**Beauty is in the eyes of the beholder.**

Η ομορφιά είναι στα μάτια αυτού που τα βλέπει.

**The less you say , the better it is!**

Τα πολλά λόγια είναι φτώχεια!

**The right man in the right place.**

Ο κατάλληλος άνθρωπος στην κατάλληλη θέση.

**Time and tide wait for no man.**

Ο χρόνος και η παλίρροια δεν περιμένουν κανέναν.

by Vanessa Pisacic

## Quiz for sports... What else?

1) Choose the correct answer:

1. Messi has won.....gold balloons

a) 3    b) 4    c) 5

2. Panathinaikos has ..... Championships

a)18    b) 20    c) 24

3. Manchester City has ..... super cups of England

a)2    b) 5    c) 4

2)True or False?

➤ Messi is 1,71m. T/F

➤ C.Ronaldo's first team was S.Lisbon T/F

➤ Pele was called "black diamond" T/F

- The first women team was Greece T/F
- The volleyball team ,who has won the last's year championship ,was PAOK T/F
- Novac Chocovic is the best tennis player in the world T/F
- The team who has won the Euroleague in 2014 was Olympiakos T/F

by Efthimis Papadimitriou

## GAMES & FILMS

### THE HUNGER GAMES : CATCHING FIRE

The Hunger Games: Catching Fire is the first novel in the Hunger Games series. It is about a girl who tries to stay alive in a death match with other people. The story begins when Katniss Everdeen is selected as the tribute of territory '12. Katniss is taken away from her land and moves to the Capital. There she trains hard so as to become a killer weapon and be able to kill the other tributes. As the game begins, Katniss falls in love with another tribute. When the time to fight comes, she has only one target : to WIN!! As the match continues , Katniss manages to stay alive. Soon, the only people left are herself and the tribute who she is in love with. What will eventually happen?? What will rule? Love or survival ? **Find out!!!**

By John Maragos

### THE MATRIX

The **MATRIX** is a science fiction action movie, directed by the Wachowski brothers. It was released in 1999. Keanu Reeves starred as Neo, Lawrence Fishburn as Morpheus, Hugo Weaving as Agent Smith and Carrie Anne Moss as Trinity. The film was praised by audience and critics alike, as it proved that action movies can make you think. It also had stunning special effects, which won the Oscar award for Best Special Effects, beating Star Wars.

Episode 1 : **The Phantom Menace**. The film's plot is: A hacker named Neo is suddenly told by a criminal ( according to the news ) named Morpheus, that he is the One that is going to destroy the Matrix, a machine that uses humans as batteries and, in order for them not to fight back, they created a holographic world. So, he goes out of his cocoon that holds him inside the Matrix.

In order to destroy it, Neo and his team, comprised of Morpheus, Trinity and secondary characters such as Switch, Oracle, Mouse, Tank etc have to battle against the Agents, who protect the Matrix. Despite the simple plot, the movie features an interesting premise, groundbreaking effects and a chilling performance by Hugo Weaving , as agent Smith. Final verdict: 9,6

Film Review by critic Adam *Michalichis*

## PHOTO GALLERY FROM EXCURSIONS AND OTHER ACTIVITIES



Awards from "Dancing to Connect"



**Hard work for Dancing to Connect**



**A visit to the Acropolis**



**Educational visit to Makrinitza**



**Educational trip to Edessa**



**Working hard on their projects**



**Activities during their visit to Edessa**



The “Dancing to Connect” group enjoying a visit at the Acropolis Museum



A visit to the Technical College of Karditsa, for the project, “We are what we eat”



The dancers are thrilled with their awards!!!



**A visit to the Planetarium in Thessaloniki**



**A very informative visit at the Greek Parliament**



**Out exploring the environment in Makrinisa**